

Congratulations on your new baby!

This is a very special time for you and your family. Parenting isn't always easy but it is very rewarding. Child Profile would like to help by sending you up-to-date health, safety, development, and other parenting information. You will get a mailing for your child every few months from birth to six years. Materials are created and updated regularly by health and safety experts. WithinReach is a partner of Child Profile. Its Family Health Hotline can help you with parenting, health, and development concerns. Call them at 1-800-322-2588.

Your baby's checkups are important!

Regular visits to the doctor or nurse help keep your baby healthy and you informed. Your baby needs regular checkups during her first year – the next one will be when she is about two months old. Checkups are a good time to ask questions about vaccines, feeding, sleep, vision, development, and baby care.



Bring your baby's Lifetime Immunization Record card and Childhood Health Record booklet to every visit. If you didn't get these in an earlier mailing, call the Family Health Hotline for a copy.

Finding hearing problems early is important. Check with your baby's doctor if you're not sure she was screened at birth. Go to www.doh.wa.gov/cfh/ehddil for information about newborn hearing screening. It is also important to have your baby's vision checked. Talk to your doctor about vision screening at every visit.

Babies need immunizations

Vaccines protect your baby from serious diseases. Before your baby is immunized, you'll get a Vaccine Information Statement (VIS) describing the vaccine, the disease it prevents, and any possible vaccine side effects. Getting a disease is far more serious than the most common vaccine side effects, which are pain and redness at the injection site. At two months, your baby will likely get his first doses of these vaccines:

- Rotavirus (RV)
- Diphtheria, tetanus, pertussis (DTaP)
- *Haemophilus influenzae* type b (Hib)
- Pneumococcal conjugate vaccine (PCV)
- Inactivated poliovirus (IPV)

A dose of hepatitis B (HepB) may be needed if he didn't get it at birth. Record all vaccines in his Lifetime Immunization Record card.

Pertussis: A serious disease for babies

More than half of all babies under one year who get whooping cough (pertussis) must be hospitalized. Whooping cough:

- Spreads easily by coughing, sneezing, and talking.
- Can cause older children and adults to have coughing spells, but babies with pertussis often can't cough, have problems feeding, and may stop breathing and turn blue at times.
- Can cause pneumonia, seizures, brain damage, and death in babies.

Until your baby has at least three to four DTaP doses, he has little pertussis protection. (Five doses are recommended before kindergarten.)

Most babies who have pertussis get it from their parents, siblings, grandparents, or other caregivers who have the disease but may not know it. That's why it's important to keep your baby away from anyone who has a cough, cold, or signs of illness. You should also surround him with a "cocoon" of protection by making sure that you, your family, and others in close contact with him get a dose of Tdap vaccine. Tdap protects older children and adults of all ages from whooping cough and helps stop the spread of this serious disease to your baby until he has basic protection. Visit www.doh.wa.gov/WhoopingCough for more information.

Other ways to keep your baby healthy

- If you breastfeed, continue. Breastfeeding strengthens your baby's ability to fight infection and mild illness. If you have questions about breastfeeding, talk to your child's doctor or call the Family Health Hotline at the number below.
- Wash your hands well and often with soap and water, especially after changing your baby's diaper and before you feed him.
- Be sure everyone who cares for your baby also washes their hands often.
- Keep him away from family members, friends, and others who have a cough, cold, or signs of illness.
- Keep your baby at home when he has a fever, isn't eating or sleeping well, is vomiting, or has diarrhea.

Babies begin learning as soon as they are born

You help your baby's brain develop when you give her lots of attention. Hold her, rock her gently in your arms, cuddle, and play with her. Look into her eyes and talk softly to her. Pick her up when she cries. This teaches her to trust that you will care for her. **You won't spoil your baby when you hold her and respond to her crying!**

Keeping Your Baby Healthy and Safe

Searching for infant child care

If you plan to return to work or school, start looking now. Look for people who enjoy caring for babies and have training in infant care. Ask friends about the child care they have used. Visit a few places before you decide. Breastfeeding moms will want to ask how the childcare provider supports breastfeeding. Try to visit your first choice several times.

For help finding child care, go to: www.childcarenet.org
ChildCare Aware of Washington

Breastfeeding and work or school

New laws protect moms' right to express breastmilk at work. Learn more about your rights and find other helpful information at www.withinreachwa.org/about-breastfeeding. Talk to your boss or school staff now to make a breastfeeding plan. Before you go back to work:

- Find out if your medical coverage or your employer provides breast pumps and other breastfeeding help.
- Ask your boss, school staff, or human resources department where you can pump. Be sure the room is private and has electricity.
- Make a plan to store your milk.
- Talk to your childcare provider about how they support breastfeeding. Ask if they know how to handle breastmilk and if moms are welcome to nurse on-site.

Mom: Take care of yourself, too

- Go to your six-week checkup. This may be earlier if you had a C-section.
- Talk to your doctor or nurse about the best birth control options for you. Use birth control every time you have sex after giving birth, even if you breastfeed.
- Sleep when your baby sleeps. Take a little time for yourself when you feel overwhelmed.
- Keep up-to-date with your immunizations, including Tdap with each pregnancy and a yearly flu shot.

Recognize postpartum depression

Many women feel emotional ups and downs in the first few weeks after giving birth. If you **continue** to feel sad, very irritable, uninterested in your baby or the world around you, or have trouble concentrating or thinking clearly, talk to your doctor or call Postpartum Support International of Washington at 1-888-404-7763.

Baby's skin burns easily—treat it with care!

Your baby's skin burns easier than yours. Hot liquids cause many scald burns.

- Turn down your water heater thermostat to 120°.
- Test the bath water with your elbow to make sure it is lukewarm, not hot.
- Do not drink hot liquids such as coffee or tea while your baby is in your arms or lap.
- Heat bottles in a pan of hot water, not a microwave.

Check the temperature on your inner wrist.

Contact the NW Burn Foundation at 1-888-662-8767 or www.nwburn.org for a free scald prevention kit.

Reduce the risk of your baby dying during sleep

Sudden Infant Death Syndrome (SIDS) is when a baby who seems healthy dies in his sleep. There is no warning and often we don't know why the baby died. Sometimes babies die from being accidentally suffocated or smothered while sleeping. You can create a safe sleep place for your baby that reduces the risk of SIDS and accidental suffocation. The American Academy of Pediatrics recommends the following steps to create a safe sleep zone for your baby.

- Place him on his back to sleep at night and for naps. Give your baby "tummy time" when he is awake and watched by an adult.
- Keep your baby warm, but not hot. Dress him warm enough to sleep without covers. A light sleep sack works great.
- Baby's bed should be a firm crib mattress and fitted sheet. Keep blankets, pillows, bumper pads, and toys out of his crib.
- Never put your baby on a waterbed, heated bed, or a mattress that doesn't fit the bed right.
- No one should smoke around your baby. The risk of SIDS is higher for babies whose mothers smoked while pregnant. Babies exposed to cigarette smoke may also be at a higher risk for SIDS. For help quitting smoking, call 1-800-748-8669 or www.smokefree.gov.
- Breastfeeding may reduce your baby's risk of SIDs.

The American Academy of Pediatrics and the U.S. Consumer Product Safety Commission (CPSC) warn that infants should NOT sleep with their parents. The safest place for your baby to sleep is in a crib or bassinet next to your bed. Adult beds are not made for infant safety. Sharing a room with your baby is safer than sharing a bed with your baby.

Tell everyone who cares for your baby about safe sleep. Call the NW Infant Survival Alliance at 1-800-533-0376 or go to www.nwsids.org for information and resources.

Buckle up your baby on every ride

A car ride can be very dangerous for a baby. Make sure she is always buckled up safely in the back seat.

- Buckle your baby correctly into her car seat on every ride. Follow the car seat directions and read the vehicle owner's manual.
- The car seat should face the rear of the vehicle.
- If you must place your baby in the front seat, be sure to turn off the air bag. **Never** place your baby in the front seat if the vehicle has a passenger air bag that is not turned off. If the air bag inflates, it could kill or seriously injure your baby.
- If you have an old or used car seat, there can be hidden dangers. Contact the Safety Restraint Coalition for tips on choosing a safe car seat and to find out about recalls.



Contact the **Safety Restraint Coalition** at
1-800-BUCKLUP, 711 (tty relay)
or visit www.800buckleup.org